

Shopping List

- flax meal 5 tbsp
- pesto 0.50 cup

Baking/Spices

- bay leaf 1
- black pepper 0.25 tsp
- chili powder 1 tbsp
- coconut sugar 3 tbsp
- crushed red pepper flakes 0.25 tsp
- dried basil 0.50 tsp
- dried dill 0.50 tsp
- dried oregano 3 tsp
- dried thyme 1 tsp
- fresh chopped parsley 2 tbsp
- freshly ground black pepper 0.25 tsp
- garlic powder 0.25 tsp
- ground cumin 2 tsp
- ground ginger 0.50 tsp
- Italian seasoning 1 tbsp
- kosher salt 0.25 tbsp
- of red pepper flakes 3 tsp
- pepper Pinch
- red pepper flakes 0.25 tsp
- salt 0.25 tsp
- smoked paprika 0.50 tsp
- 1 tsp

Beverages

- pasta cooking water or dry white wine 0.33 cup

Canned Goods

- can black beans 1 (15-ounce)
- can diced tomatoes 1 (14.5-ounce)
- can green beans 1 (14.5 ounce)
- can white beans 1 (15-ounce)

Condiments

- sriracha or red chili paste 1 tbsp

Dairy

- eggs 3
- feta 0.50 cup
- feta cheese 8 oz
- grated parmesan cheese 0.25 cup
- milk 3 cups
- plain greek yogurt 0.25 cup

Frozen

- frozen banana 5

Meat/Fish

- boneless skinless chicken breasts or thighs 1.50 lb
- chicken breast 1 lb
- fresh salmon filets 1 lb
- ground chicken 1.50 lb
- ground turkey 1 lb
- package Mexican Style Chicken Sausage 1 (12-ounce)

Optional Toppings

- Parmesan cheese and parsley for topping
- parmesan cheese or basil for topping
- Toppings: Crumbled feta cheese, kalamata olives or parsley

Pantry

- breadcrumbs, gluten-free if needed 0.50 cup
- carton chicken broth or vegetable broth 1 (32-ounce)
- chicken broth or bone broth 1.50 cups
- coconut cream or heavy cream 0.25 cup
- creamy peanut butter 3 tbsp
- fish sauce 1 tbsp
- jasmine rice 1.25 cups
- of avocado oil or butter 2 tbsp
- olive oil 12 tbsp
- package pre-cooked jasmine rice 2 (8.8 ounce)
- peanut butter 5 tbsp
- red wine vinegar 3 tbsp
- rice vinegar 2 tbsp
- scoop chocolate protein powder 5
- sesame oil 2 tbsp
- short cut pasta 12 oz
- soy sauce 0.25 cup
- tomato paste 3 tbsp
- unsalted peanuts 0.50 cup
- wide rice noodle 8 oz

Produce

- asparagus 1 lb
- baby potatoes 6
- bean sprouts 2 cups
- carrots 4
- Chopped cilantro 0.25 cup
- chopped parsley 0.50 cup
- Fresh chopped basil 2 tbsp
- fresh lemon juice 1 tsp
- garlic 4 cloves
- garlic cloves minced 3
- green onions 2
- juice from 1 lemon
- Juice from one lemon

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|--|----------|
| <input type="checkbox"/> lemon juice | 1 tbsp |
| <input type="checkbox"/> lemon zest | 1 tsp |
| <input type="checkbox"/> lime juice | 1 tbsp |
| <input type="checkbox"/> matchstick carrots | 1 cup |
| <input type="checkbox"/> medium red onion | 1 |
| <input type="checkbox"/> medium yellow onion | 2 |
| <input type="checkbox"/> medium zucchini | 1 |
| <input type="checkbox"/> minced garlic. | 8 cloves |
| <input type="checkbox"/> onion powder | 0.25 tsp |
| <input type="checkbox"/> Optional for serving: fresh lime juice, fresh parsley, fresh cilantro, or avocado | |
| <input type="checkbox"/> oregano | 0.25 tsp |
| <input type="checkbox"/> red bell pepper | 1 |
| <input type="checkbox"/> shallot | 1 |
| <input type="checkbox"/> small shallot | 1 |
| <input type="checkbox"/> stalks celery | 3 |
| <input type="checkbox"/> sweet bell peppers any color | 3 |